

We offer a wide variety of weekly movement classes for adult students in Dance, Yoga, Barre and Pilates. Please check the [website](#) for full class descriptions and enrolment details. We look forward to welcoming you at the studio soon!

## Geelong Studio

7 Rutland Street, Newtown (upstairs venue)

Class	Day	Time
<b>Beginner Ballet Level 2</b>	Monday	6:00-7:00pm
<b>Intermediate Ballet</b>	Monday	7:00-8:00pm
<b>Pointe</b>	Monday	8:00-8:45pm
<b>Barre</b>	Tuesday	10:00-11:00am
<b>Flow Yoga</b>	Tuesday	6:00-7:00pm
<b>MOVE Pilates</b>	Tuesday	7:00-8:00pm
<b>Beginner Ballet Level 1</b>	Tuesday	8:00-9:00pm
<b>Barre Basics</b>	Wednesday	6:00-7:00pm
<b>Beginner Contemporary</b>	Wednesday	7:00-8:00pm
<b>Slow Flow Stretch/Yin Yoga</b>	Wednesday	8:00-9:00pm
<b>Intermediate Ballet</b>	Thursday	6:00-7:00pm
<b>Absolute Beginner Ballet</b>	Thursday	7:00-8:00pm
<b>Retro Workout</b>	Thursday	8:00-9:00pm
<b>Intermediate Contemporary</b>	Friday	5:30-6:30pm
<b>Beginner Yoga</b>	Saturday	8:15-9:15am
<b>Absolute Beginner Ballet</b>	Saturday	9:30-10:30am
<b>Barre</b>	Saturday	10:30-11:30am
<b>Intermediate Contemporary</b>	Saturday	11:30-12:30pm

## Inverleigh Studio

Inverleigh Town Hall, 71 High Street, Inverleigh

Class	Day	Time
<b>Beginner Yoga</b>	Tuesday	6:00-7:00pm
<b>Flow Yoga</b>	Tuesday	7:15-8:15pm
<b>Mat Pilates</b>	Thursday	6:00-7:00pm
<b>Flow Yoga</b>	Thursday	7:15-8:15pm

The Loft is committed to providing the highest level of dance and yoga tuition in a welcoming and inclusive environment. All students and teachers have the right to a safe and enjoyable experience that maintains positive relationships between all members of our community. It is the responsibility of both students and teachers to behave with care and tolerance of others.

## **Clothing & Footwear**

Please wear clothing you are most comfortable in. Layers help keep the body warm and it's a good idea to wear close fitting attire to ensure the teacher can see correct alignment – leggings, tights, tank tops are all good.

No large jewellery for safety please.

Bring ballet shoes for ballet if you have them, but socks are also fine for the first couple of weeks. Ballet slippers/Pointe shoes can be purchased at Geelong Dance Supplies. Bare feet for Contemporary, Barre, Stretch & Pilates. Jazz shoes/sneaker for Jazz class.

## **Safe Dance**

Go at your own pace and fitness. **If you have an existing injury or you are pregnant, please let the teacher know in advance.** Please plan to arrive a few minutes early to your lesson so you are not rushed. Make sure you are adequately warmed up. Listen to your body. Bring a water bottle. Have fun!

## **Terms & Conditions**

Enrolment is subject to studio terms and conditions, please be sure to read information below:

- If you are absent or ill, ONE make up class per term is available to each student only. Classes are NOT interchangeable. Please email the studio director to arrange your make up class.
- CANCELLATION POLICY - Once booked, you must give at least 24 hrs notice before the start of term if you wish to cancel. No shows and cancellations after this date will incur a \$40 fee.
- Classes are NON REFUNDABLE.
- Casual classes are available for Barre, Yoga and Pilates only. 6 Card Passes may be used at both studios. Passes are valid for one term only. You must bring your pass to each lesson and get it marked off by the teacher.
- Class sizes are capped at 16 to ensure quality of teaching.
- From time to time, we will photograph classes for social media purposes. Please let us know if you DO NOT wish to have your image taken.
- Participants are responsible for their personal items and safety. The studio does not take responsibility for injuries which occur during classes. However, classes are staffed by experienced and qualified teachers who maintain safe dance and movement practises at all times. Any injuries will be attended too with appropriate first aid administered in the unlikely event of an injury.

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